



LAMAR

SENIOR ACTIVITY CENTER

2874 Shoal Crest Avenue Austin, TX 78705
512-474-5921

LSAC Program and Activity updates available online:
www.austintexas.gov/seniors



Austin Parks and Recreation Department - Seniors

A P R I L



2 0 1 6



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call 512-974-3914.

GENERAL INFORMATION

2016 PARD Waivers and Lamar Senior Activity Center Advisory Board Registration

ALL participants must have a 2016 waiver on file to participate in 2016 classes, trips, computer lab, drop-in, work out room use etc. at Lamar Senior Activity Center.

Stop by the LSAC Reception Desk to complete the form TODAY!!!

LSAC Regular Hours of Operation*
8a - 5p M-F

Waiver/Class Sign-Up*
9a - 4p M-F
**unless otherwise noted*

Computer Lab Hours of Operation**
8:30a - 4:30p M-F
***when computer class not in session or otherwise noted*

The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Avenue at the corner of 29th Street and Lamar Boulevard. LSAC's hours are Monday through Friday from 8a until 5p, with special evening rentals on Fridays. Arts and crafts, health and fitness, excursions, games, group socials, club groups, organizational meetings and computer lab classes comprise some of the many services provided by LSAC. Those interested in participation may fill out the required 2016 PARD waiver at the lobby front desk. Friendly LSAC staff and volunteers are happy to answer any questions you may have. A calendar year (January-December) donation to the LSAC Advisory Board (LSACAB) of \$5.00 is appreciated, and an additional \$10.00 is required if you would like a newsletter mailed to your home and/or \$5.00 for an emailed version. Donations go to the LSAC Advisory Board, directly enhancing the Center's offerings. We thank you for your support!

PUBLIC MEETINGS

Golden "K" Kiwanis
New members and guests welcome
Mondays 9a

Austin Palette Club
New members and guests welcome
Tuesdays 9:00a

Handicraft Group
New members and guests welcome
Wednesdays 1p

LSAC Advisory Board
Wednesday, April 13 2p

Postcard Club
Wednesday, April 13 6:45p



AARP **Smart Driver Program**

Instructor: Beverly Martin
Wednesday
April 13
10a-2p

This class is designed for the mature driver. **Does not dismiss traffic violations.**



For insurance discount only if allowed by your Insurance Co.

Fee: \$15 for AARP Members
\$20 for Non-AARP Members

Preregister at the LSAC Reception Desk or call 512-474-5921.

Pay Instructor the day of class: CASH OR CHECKS ONLY payable to AARP

DANCE CLUB

LET'S DANCE CLUB

Ballroom; Live Band
Fridays, April 1, 8, 15, 22, & 29
7:30-9:30p

Spring has sprung - it's time to dance! Join us for a fun evening of dancing to live band music with light refreshments! Bring your happy feet!

Contact Kay Sousares at 512-453-7978 for more information.

Admission \$5/members and \$7/non-members.



GAMES

Bingo

Wednesday, April 6

10-11:30a

\$1 per card



Join your friends for our Bingo games. The cost to play is \$1 per card. Games begin promptly at 10 a.m. and will end no later than 11:30 a.m. Prizes will be awarded based on the number of cards sold. No need to preregister; just show up ready to buy your game card and play on game day! Lunch will **not** be served. No payment due until day of event.

Sponsored by the Lamar Senior Activity Center Advisory Board and games "called" by LSACAB President, Gayle Fischer

LSAC SPRING ART SHOW

Call for Artists

Registration applications now available at LSAC



LSAC Spring Art Show



Save the Date!

Spring Art Show & Sale

May 6 & 7, 2016 9:30a -4:30p

Lamar Senior Activity Center

2874 Shoal Crest Avenue, Austin, TX 78705

512-474-5921

Registration applications will be available March 16, 2016

The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call (512) 974-3914.

SOCIAL GAMES

Mexican Train

Mondays 12:30-3:30p

Led by LSAC Volunteer, Louise Johnson

Bunco

Tuesdays, April 5 & 19 12:45-3:30p

Led by LSAC Volunteer, Helen Anderson

Bingo

Wednesday, April 6, 10a-11:30a

LSAC Advisory Board sponsored; \$1 per card

Pinochle

Wednesdays 12:30-4p

Led by LSAC Volunteer, Ernest Lovato

Mah Jongg

Thursdays 1-3p

Led by LSAC Volunteers, Grace Elinsway & Bob Woertink

Rummikub

Tuesdays, April 12 & 26 2p

Led by LSAC Volunteer, Claudia Savio

LSAC Open Play TABLE TENNIS

Mondays 10:15a-1p

Thursdays 9a-12:30p



Check with LSAC staff about setting up on other days & times. Times & dates subject to change due to special programs, classes, etc.

BRIDGE



American Contract Bridge League (ACBL)

Duplicate Bridge

Mondays & Fridays 12:30-4p \$6 per day*

All players must have 2016 PARD waiver on file

Led by Larry Davis

Contact Larry Davis, 512-343-6942, for specific questions concerning ACBL play at LSAC

**Pay Game Leader each day for ACBL Game*

LEARN TO PLAY BRIDGE



Have a friend or relative who'd like to learn to play bridge? Did you play bridge long ago and need a refresher? The bidding style has changed some over the years! It's fun and keeps the mind actively engaged! Join the class with or without a partner!

Defensive Bridge Class

Tuesdays, April 12 - May 10 9:30-11:30a

Fee: \$50 (5 weeks)

This series of classes will work on leads against no-trump and suit contracts. Other topics include: Third-hand play, second hand-play, defensive signals, and developing tricks for declarer and defender.

Questions? *Contact instructor for registration & class information*

Bridge Instructor: Sandy Potts 512-658-9795

sandy.potts5@yahoo.com

Register with LSAC staff or instructor and pay instructor on first class day. If you have a current 2016 PARD waiver on file, you may register over the phone beginning April 1.



Duplicate Bridge Class

Tuesdays, April 12 - May 10 12:30-2:30p

Fee: \$50 (5 weeks)

A lesson involving conventions/play will be given at the start of each class! Then we will play, play, practice, and play! This is for students with some bridge knowledge who would like to add to their skill set. Meet new folks and have fun too! Supervised play will be monitored and we will play and practice conventions with duplicate style.

Questions? *Contact instructor for registration & class information*

Bridge Instructor: Sandy Potts 512-658-9795

sandy.potts5@yahoo.com

Register with LSAC staff or instructor and pay instructor on first class day. If you have a current 2016 PARD waiver on file, you may register over the phone beginning April 1.

COMPUTER CLASSES

Mendy Marshall, LSAC Computer Instructor

Excel 101

Tuesday, April 5 1:30 – 3:30p

Fee: Resident \$5/Nonresident \$7

Limit: 4 students



Do you want to know how to create a spreadsheet to keep track of your spending or create a list of your favorite collection? Learn the very basics of how to set up a spreadsheet in Microsoft Excel. **Prerequisite:** **Must have basic knowledge on how to use a computer and mouse.**

iPhone – iPad 101

Tuesday, April 12 1:30 – 3p

Tuesday, April 19 1:30 – 2:30p



Fee: Resident \$10/Nonresident \$12 (includes both classes)

Limit: 4 students

Do you have an iPhone or iPad and want to learn more? Learn the basics on how to use your iPhone/iPad; creating contacts, text messaging, purchasing apps, update settings, and more. **Prerequisite:** **Must have an active email account, an iTunes account, a major credit card/debit card and own an iPhone or iPad. Please bring your iPhone/iPad and the cord to class.**

iTunes 101

Thursday, April 21 1:30-3:30p

Thursday, April 28 1:30-2:30p

Fee: Resident \$10/Nonresident \$12 (includes both classes)

Limit: 4 Students



Want to know how to download music, make playlists and load music on your iPod shuffle using iTunes? This class is for you! **Prerequisite:** **Must have an active email account, an iTunes account, a major credit card/debit card and own an iPod, iPod shuffle/nano or iPhone. Please bring your device and the corresponding cord to class.**

Please register & pay LSAC staff at least one (1) week before scheduled class begins.

HEALTH AND WELLNESS

Exercise

Mondays & Fridays 9 - 10a

Increase your stamina, range of motion, balance, strength and coordination in this fun and energetic exercise class. Class structure varies using a variety of bands, weights, and balls. All levels welcome.

Fee: FREE

Instructor: Shannon Davis

Register with LSAC Staff prior to attending class.



Wednesday Exercises

"Be strong for your life!"
Wednesdays 9 - 10a

Join Shannon as she strengthens you for everyday life, going upstairs, carrying groceries, picking up and holding children and many other practical things that require strength.

Fee: FREE

Instructor: Shannon Davis

Register with LSAC Staff prior to attending class.

Fitness Room

Monday - Friday 8:30a - 4:30p

(Subject to change pending LSAC/PARD classes or programs; Call ahead to confirm room is available.)
Come use the free Fitness room.

Learn how to properly operate the treadmill & recumbent bike. Work out at your own pace...rain or shine!

You should consult your physician or other health care professional before starting any fitness program to determine if it is right for your needs.

Easy Yoga*

Wednesdays
March 23 - April 20
April 27 - June 1
(no class 5/4)
2-3:15p

Designed to make Yoga easy, gentle and accessible to seniors.

Excellent for joints, improving balance, flexibility, strength and feeling more relaxed. Features therapeutic applications of Yoga that help in prevention and effective management of common ailments like arthritis, hypertension, back pain, diabetes, asthma, digestive disorders, depression and anxiety etc. If you can breathe and smile, you are fit to practice Yoga in this class.

Contract Instructor: Jogi Bhagat
Fee: \$40 for one session
\$70 for two sessions
\$14 Drop In

YOGA CLASS REGISTRATIONS

Register with and pay the Contract Instructor before class. All class participants must have a completed 2016 PARD waiver on file.

HEALTH AND WELLNESS

Gentle Yoga*

Mondays & Thursdays
March 21 - April 18
April 21 - May 26
(no class 5/2, 5/5 & 5/30)
1:55-3:15p

Led by Jogi Bhagat, RYT-500, Certified Yoga Instructor and Yoga Therapist. His rich Yoga experience of last 30 years in India, Europe and US has prepared him to work with people of all ages, sizes, challenges and various ailments. The class is well suited for those with a little Yoga experience and in basic good health, but all are welcome to attend.



Contract Instructor: Jogi Bhagat
Fee: \$60 for one session
\$100 for two sessions
\$14 Drop In

**For questions, please contact*
Jogi Bhagat at 512-963-8364 or
yogasolutions@gmail.com
or www.medicinalyoga.com

Tai Chi

Tuesdays & Fridays 1-2p
March 29 - May 6

Tai Chi has many proven health benefits for seniors, from increased balance and bone strength, to greater strength and flexibility. Tai Chi is also very safe and practiced slowly; it is zero impact.

Instructor: Kade Green

Fee:

Res/Non-Res \$30/\$36 (Tue. only)
Res/Non-Res \$30/\$36 (Fri. only)
Res/Non-Res \$50/\$60 (Tue & Fri)
Res/Non-Res \$5/\$6 Drop-in/day

Register and pay LSAC Staff before first class. Classroom location may vary due to LSAC special events.



Workout with Walter

(By Appointment)

Tuesdays 9:30a - Noon

Fridays 10a - 12p


Join LSAC Volunteer, Walter Donnelly, for a FREE lesson on using the Bowflex equipment. Get a few healthy lifestyle tips and handouts too! Call 512-474-5921 or stop by the Volunteer Desk to set an appointment.

Class Leader: Walter Donnelly
Fee: FREE

Senior Tennis at Caswell
Mondays, Wednesdays & Fridays
8:30-10:30a

Play doubles; no partner needed.
Located at 24th & Lamar. Two courts reserved for play.
Contact Bob Freeman:
512-6801453 / bfreeman704@gmail.com

APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>*Dates, times and locations of classes, trips, meetings, events, etc., listed in the LSAC program guide and calendar are subject to change; contact program leader/coordinator or site to confirm.</i></p> <p><i>NOTE: Not all classes, programs, events, etc. are listed on the calendar ; please refer to guide for individual listings/info and details.</i></p>				
				<p>1</p> <p>Exercise 9-10a Watercolor 9:30a-12p ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p</p> <p>TRIP: Saturday, 4/2 Lampasas 9a-4p</p>
<p>4</p> <p>Exercise 9-10a Oil Painting 9a-12p Open Table Tennis 10:15a-1p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p Poetry Workshop 11a-12:30p</p>	<p>5</p> <p>Ceramics 9:30-12:30p Defensive Bridge 9:30- 11:30a Walk in the Park 10a Duplicate Bridge Class 12:30-2:30p Bunco 12:45 - 3:30p Tai Chi 1-2p Excel 101 1:30-3:30p</p>	<p>6</p> <p>Health Knowledge 9-10a Bingo 10a-11:30a Pinochle 12:30-4p Handicraft Social Group 1-3p Easy Yoga 2-3:15p</p>	<p>7</p> <p>Open Table Tennis 9a-12:30p Ceramics 9:30-12:30p Mah Jongg 1-3p Color My World 1:30-2:20p Gentle Yoga 1:55-3:15p</p> <p>TRIP: Farm Street Oprey 4-10p</p>	<p>8</p> <p>Exercise 9-10a Watercolor 9:30a-12p ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p</p>
<p>11</p> <p>Exercise 9-10a Oil Painting 9a-12p Open Table Tennis 10:15a-1p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p Poetry Workshop 11a-12:30p</p>	<p>12</p> <p>Defensive Bridge 9:30- 11:30a Ceramics 9:30-12:30p Walk in the Park 10a Matter of Balance 12-2p Duplicate Bridge Class 12:30-2:30p Tai Chi 1-2p IPhone/iPad 1:30-3:00p Rummikub 2p</p>	<p>13</p> <p>Wednesday Exercise 9-10a AARP Smart Driver 10a-1p</p> <p>Pinochle 12:30-4p Handicraft Social Group 1-3p Easy Yoga 2-3:15p LSAC Advisory Board Meeting 2p</p>	<p>14</p> <p>Open Table Tennis 9a-12:30p Ceramics 9:30-12:30p Mah Jongg 1-3p Color My World 1:30-2:20p Writing Class 1:30-3p Gentle Yoga 1:55-3:15p</p> <p>TRIP: Riverboat Cruise 10:30a-3p</p>	<p>15</p> <p>Exercise 9-10a Watercolor 9:30a-12p Matter of Balance 12-2p ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p</p>
<p>18</p> <p>Exercise 9-10a Oil Painting 9a-12p Open Table Tennis 10:15a-1p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p Poetry Workshop 11a-12:30p</p>	<p>19</p> <p>Defensive Bridge 9:30- 11:30a Ceramics 9:30-12:30p Walk in the Park 10a Matter of Balance 12-2p Duplicate Bridge Class 12:30-2:30p Bunco 12:45 - 3:30p Tai Chi 1-2p IPhone/iPad 1:30-2:30p</p>	<p>20</p> <p>Wednesday Exercise 9-10a Jewelry Class 10-11a Pinochle 12:30-4p Handicraft Social Group 1-3p Easy Yoga 2-3:15p</p>	<p>21</p> <p>Open Table Tennis 9a-12:30p Ceramics 9:30-12:30p iTunes 101 1:30 -3:30pa Mah Jongg 1-3p Writing Class 1:30-3p Color My World 1:30-2:30p Gentle Yoga 1:55-3:15p</p>	<p>22</p> <p>Exercise 9-10a Watercolor 9:30a-12p Matter of Balance 12-2p ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p</p> <p>TRIP: Waco Day Trip 9a-6p</p>
<p>25</p> <p>Exercise 9-10a Oil Painting 9a-12p Open Table Tennis 10:15a- 1p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p Poetry Workshop 11a-12:30p</p> <p>TRIP: Kayaking 8:30a-1p</p>	<p>26</p> <p>Defensive Bridge 9:30- 11:30a Ceramics 9:30-12:30p Walk in the Park 10a Matter of Balance 12-2p Duplicate Bridge Class 12:30-2:30p Tai Chi 1-2p Rummikub 2p</p>	<p>27</p> <p>Wednesday Exercise 9-10a Pinochle 12:30-4p Handicraft Social Group 1-3p Easy Yoga 2-3:15p</p> <p>TRIP: Lunch Bunch 10:30a-2p</p>	<p>28</p> <p>Open Table Tennis 9a-12:30p Ceramics 9:30-12:30p iTunes 101 1:30 -2:30p Mah Jongg 1-3p Writing Class 1:30-3:00p Color My World 1:30-2:20p Gentle Yoga 1:55-3:15p</p>	<p>29</p> <p>Exercise 9-10a Watercolor 9:30a-12p Matter of Balance 12-2p ACBL Bridge 12:30-4p Tai Chi 1-2p Retirement Years 1:30-4p Let's Dance 7:30-9:30p</p>

MORE HEALTH & WELLNESS

WALKING IN THE PARK

**Tuesdays 10a
FREE**

Walking with others can turn exercise into an enjoyable social occasion!

Join Shannon Davis, LSAC Program Specialist, on Tuesday mornings for a walk in Pease Park, across the street from LSAC. This activity is casual and fun!

Dress with clothing in layers, walking shoes, hat, sunscreen and bring your water, walking stick or cane and prepare to explore the neighborhood park!



MATTER OF BALANCE

A Matter of Balance: Spring Fall Prevention Program

**Tuesdays & Fridays April 12- May 6
12a - 2p FREE**

What is A Matter of Balance (MOB)?

A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults.

A Matter of Balance includes eight two-hour sessions for a small group led by Shannon Davis LSAC Program Specialist and other certified trained facilitators. This nationally recognized program was developed at the Royal Center at Boston University.

Who Should Attend A Matter of Balance?

The program was designed to benefit community-dwelling older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem solve

The class is limited to 12 participants.

Sign up with LSAC Staff beginning April 1, 2016

THIS VALUABLE PROGRAM IS OFFERED IN PARTNERSHIP WITH THE
AREA AGENCY ON AGING OF THE CAPITAL AREA

12

ENRICHMENT CLASSES

Writing the Stories of Your Life

**Thursdays
April 14 - May 19
1:30-3p
Fee: \$45**

Last class before summer break!
Your memories are your real family treasures! Have fun learning techniques for retrieving, writing and polishing your memories so that you can begin assembling them into your life story.

**Contract Instructor:
Rosalind Bond
512-441-3014**

*Contact instructor in advance
for registration information
and availability.*

Broaden Your Health Knowledge

**Wednesday, April 6
9-10a FREE**

Shannon Davis, LSAC Program Specialist, and Walter Donnelly, LSACAB Volunteer, team up to give you an overall physical wellness class. From diet to strength training, come see how to round out your health and fitness to get the results you are looking for.

**Register with LSAC Staff prior
to attending class**

Moments Preserved: A Poetry Workshop

**Mondays, April 4 - 25
11a - 12:30p
FREE**

Spring is in the air
So too are memories to share.
Learn to capture the rhythm,
rhyme and meter of the
moments of your life in verse!

Workshop led by Shannon Davis
and Volunteer Poet,
Dora Robinson.

**Register with LSAC Staff prior
to attending class**

The Retirement Years Monthly Refresher

**Friday
April 29
1:30 - 4p**

Fee: \$5 (per meeting)
The Monthly Refresher class
meets once a month and is
open to graduates of
*The Retirement Years: Increasing
the Joy & Overcoming the Chal-
lenges.*

**Contract Instructor:
Eleanor Crenshaw
512-371-1443**

*Contact instructor in advance
for registration information
and availability.*

13

CREATIVE ARTS

Color My World

Thursdays 1:30 - 2:30p

Fee: FREE

Adult Coloring is a big deal!
You're invited to come color
and re-kindle your sense
of creativity and calm.
Supplies provided.



No need to register - *drop-in and relax....*

LSAC Historical Scrapbook

Thursday, April 28 10a-12p

Fee: FREE

We have found old photographs and documents related to past activities here at LSAC and have decided to gather, organize and create historical scrapbooks for all to enjoy. We are looking for folks who can help us identify people and places and tell us the stories behind some of these events.

If you have photos or articles you would like to contribute to this project we are happy to include them or if you can assist with organizing the materials, please let us know!

**Stop by and help Kimberly with the project
Come share stories!**

Contact Kimberly with questions 512-474-5921

Beginning Jewelry Class

Wednesday, April 20

10a-11a

Fee: Resident \$5/Non-resident \$6

Limit of 5 students Please preregister and pay

Join LSACAB Volunteer, Gerri Nichols, for a morning of crafting and learn the basics of Jewelry design. Each participant will create a beautiful piece of jewelry using materials provided by LSAC. Watch the front display windows for a sample of the piece you will have an opportunity to make.

14



CREATIVE ARTS

Oil Painting

Mondays April 4 - 25 9a - 12p

Fee: \$35 month \$10 Per Day Drop-in Fee

Beginning and intermediate oil painting with emphasis on drawing, composition, and proper use of colors.

Class review of individual paintings each meeting.

Students provide own supplies.

Contract Instructor: Ken Moore

Register & Pay Instructor first day of class. Space limited.

Ceramics

Tuesdays & Thursdays April 5 - 28 9:30a-12:30p

Fee: Resident \$30/Nonresident \$35

\$10 Weekly Drop-in Fee

Create your own treasures! Three classes are set aside for technique instruction. Depending on size of greenware, students are provided up to 7 pieces (1 for drop-in students) to complete during session. Some supplies furnished and additional greenware will be available for purchase. All levels of experience welcome.

Instructor: Janice Grady

Register & Pay LSAC staff before session or drop in class. Space limited.

Watercolor

Fridays April 1 - 29 9:30a-12p

Last class session with instructor until the fall

Fee: \$40 month \$15 Per Day Drop-in Fee

If you want to get your brush wet, come to Pat's weekly watercolor class. She will share techniques, discuss brushes, composition, color mixing and assist you individually.

Everyone welcome!

Instructor: Pat Molina

512-825-2370

*Register & Pay Instructor first day of class. Space limited.
Contact instructor for registration information and availability.*

TRIP LOTTERY

All City of Austin Parks and Recreation Department trips, including hikes, are offered using the PARD Senior Programs Lottery System. Please speak with a LSAC Staff member if you have questions or need additional information.

2016 APRIL TRIP LOTTERY FORMS

SUBMISSION DATES AND TIMES:

Friday	March 25	9a-4p
Monday	March 28	9a-4p
Tuesday	March 29	9a-2p

To complete an April 2016 LSAC Lottery Form call 512-474-5921 during the advertised lottery submission dates and times; PARD staff will complete the current lottery form via the phone. You may also choose to stop by the Lamar Senior Activity Center during the same allotted days and times to complete your lottery registration form.

A current 2016 PARD waiver for each participant must be on file to participate in LSAC trips.

Registration is accepted after lottery submission period for any trip openings and/or waitlists.

If you are selected for a trip through the computerized Lottery System, you will receive a confirmation phone call from LSAC Staff with additional information on how to finalize the process, make payment and confirm your trip (s).

Trips will depart from Lamar Senior Activity Center, 2874 Shoal Crest Avenue.

All trips are subject to change due to weather, unforeseen issues, PARD director approval, and registration numbers.

Lampasas Bloomin' Fest at the Historical Courtyard Square

Saturday, April 2

The Lampasas Bloomin' Festival offers arts, crafts, plant & flower vendors along with great food vendors and a variety of wineries. There Will Be Rockin' Live Music On The Bandstand.

Depart: 9a

Return: 4p

Fee: Resident \$7/Non-Resident \$8

Additional Expenses: CASH ONLY purchases at the venue

Optional Purchase at Entrance: Spring Sip & Stroll - \$20(cash) per person which includes Souvenir Wine Glass, Tote Bag, and 12 Tastings

Activity Level: HIGH – standing in line and walking through outdoor venue/multiple terrain



TRIPS



The Farm Street Opry - Bastrop Convention & Exhibit Center

Thursday, April 7

The Bastrop Farm Street Opry is a quality, family-friendly entertainment featuring the talents of local Texas musicians and special guest performers. Come, enjoy classic tunes, and even take a spin on their back-of-the-house dance floor! www.farmstreetopry.com

Depart: 4p

Return: 10p

Fee includes Transportation: Resident \$5/Non-Resident \$6

Admission Fee: \$7.50 (individuals pay cash at venue)

Additional Expenses: Southside Market & BBQ concession \$10-\$15

Please plan to make payments in **CASH ONLY** at the venue

Activity Level: MODERATE – standing in line and walking through indoor venue; possible stairs and ramps



Assistance League of Austin - Bus With Us Program Lake Austin Riverboat Cruise

Thursday, April 14

The Assistance League of Austin is providing transportation, a 2½ hour boat ride on Lake Austin provided by Lake Austin Riverboats, and a fajita buffet that will be provided on the boat.

Depart: 10:30a

Return: 3p

Fee: \$5

Additional Expenses: Possible purchases at the venue

Activity Level: MODERATE – stairs, ramps, wet surfaces, etc.

Day Trip To Waco

Friday, April 22

Trip Itinerary: 11:00a Lunch - Your choice from provided List of Restaurants within blocks of the Dr. Pepper Museum; 1:30p Tour at the Dr. Pepper Museum www.drpeppermuseum.com; 3:00p Visit and Shop at Magnolia Market at the Silos www.magnoliamarket.com

Depart: 9a

Return: 6p

Fee includes Transportation & Museum Admission:

Resident \$15/Non-Resident \$16.75

Additional Expenses: Lunch and shopping

Activity Level: MODERATE – walking to various indoor/outdoor venues on multiple terrain; stairs, ramps



TRIPS CONTINUED. . .



Kayaking at Camacho Recreation Center

Monday, April 25

Come and hit the lake with the Camacho Recreation Center Staff! It's a great exercise and a chance to see Austin from a new perspective. Be sure to wear clothes that can get wet. All Paddlers must be able to understand and follow instructions. Adults will be asked to help with moving kayaks and equipment. **Bring water bottles and pack a lunch to enjoy at Festival Beach after our kayak workout adventure!**

Depart: 8:30a

Return: 1p

Fee: Free

Activity Level: HIGH – physical exercise; possible challenging terrain to and from boat ramp

LUNCH BUNCH - Juliet Ristorante

Wednesday, April 27

Inspired by the bounty of the Italian countryside, Executive Chef Jacob Weaver and his team bring together an inventive Italian menu featuring thoughtfully sourced ingredients from across central Texas. Enjoy a meal, wine or a cocktail nestled among the trees on beautiful Barton Springs. The food and atmosphere are distinctively crafted, and full of life and celebration. www.juliet-austin.com

Depart: 10:30a

Return: 2p

Fee: Resident \$3/Non-Resident \$4

Additional Expenses: Purchase of meal at restaurant (\$15-\$30)

Activity Level: MILD - walking through indoor venue

COLLETTE TRAVEL

Lamar Senior Activity Center Advisory Board presents. . .

Canada's Winter Wonderland *Travel Dates: December 5-11, 2016*

Special Travel Presentation Slideshow
Thursday, May 5 10:00a

RSVP at the Front Desk (512-474-5921)
ALL ARE WELCOME!

WE LOVE OUR VOLUNTEERS!



Our Volunteers are special people and an essential part of the Center's success. We are looking for generous people willing to devote a few hours of their time every week. We have many volunteer opportunities available.

We Want You For The TRAVEL COMMITTEE

The LSAC Advisory Board needs volunteers to serve on a Travel Committee. If you are interested in planning trips for the Center and/or have travel agent experience, we would love for you to volunteer for the Travel Committee.

Volunteers would work to plan and organize trips to be sponsored by the LSAC Advisory Board and with Collette Vacations on worldwide travel options for Center participants. They could also work with PARD staff to plan local trips.

Come down and fill out a Volunteer Form or for more information on available opportunities call 512-474-5921 and leave your name and phone number with the LSAC Receptionist.

To continue providing the great opportunities for travel for our participants, we need you to volunteer to work on the Travel Committee!



Austin City Council

Steve Adler, Mayor
Kathie Tovo, Mayor Pro Tem, District 9
Ora Houston, District 1
Delia Garza, District 2
Sabino "Pio" Renteria, District 3
Gregorio "Greg" Casar, District 4
Ann Kitchen, District 5
Don Zimmerman, District 6
Leslie Pool, District 7
Ellen Troxclair, District 8
Sheri Gallo, District 10

Austin Parks and Recreation

Sara L. Hensley, CPRP, Director
Kimberly A. McNeeley, CPRP, Assistant Director
Marty Stump, Assistant Director
Cora D. Wright, Assistant Director
Lucas Massie, Division Manager
Tiffany M. Cabin, CPRP, Seniors Program Manager

LSAC Advisory Board 2016

Gayle Fischer, President
Alma Harrington, Vice President
Helen Anderson, Secretary
Dayton Grumbles, Treasurer
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Mary Ann Lawrence, Argie Horn, Phil Horn,
Helen Miller Ken Moore, Bill Meyers,
Sydelle Popinsky, Liz Salinas

City Manager

Marc Ott, City Manager
Ray Baray, Chief of Staff
Rey Arellano, Assistant City Manager
Sue Edwards, Assistant City Manager
Robert Goode, Assistant City Manager
Bert Lumbreras, Assistant City Manager
Mark Washington, Acting Assistant City Manager

Parks Board

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Richard DePalma, Vice Chair
Alison Alter, Board Member
Michael Casias, Board Member
Rick Cofer, Board Member
Tom Donovan, Board Member
Alesha Larkins, Board Member
Francoise Luca, Board Member
Alex Schmitz, Board Member
Mark Vane, Board Member
Pat Wimberly, Board Member

LSAC Staff

Jerilyn Rainosek, Programs Supervisor
Kimberly Flores, Program Specialist
Shannon Davis, Program Specialist
Teresa Hudson, Administrative Associate
Maria Hernandez, Administrative Assistant
Andy Maldonado, Building & Grounds Assistant

MISSION The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.

REC PRINCIPLES: RECREATIONAL, ENVIRONMENTAL, CULTURAL

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.